

Lion's Mane Mushroom Powder

Functional mushroom support for focus, clarity, and brain wellness.

Official Botanical Name: *Hericium erinaceus*

Brief Description: Lion's Mane mushroom is traditionally used in wellness routines focused on cognitive support, focus, and nervous system nourishment.

Benefits

- Supports focus and mental clarity
- Popular in cognitive wellness routines
- Adaptogenic mushroom support
- Traditionally used for nervous system wellness

Ways to Use

- Coffee blends
- Smoothies
- Hot drinks
- Daily mushroom routines

Instructions

- Blend into coffee, tea, or smoothies.
- Use consistently for best traditional use.
- Store sealed away from moisture.

Suggested Adult Use: 1 tsp daily as desired.

Medication Warnings & Safety Notes: Use caution with mushroom allergies, autoimmune conditions, pregnancy, breastfeeding, or medications affecting blood clotting.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.